



# Just the Facts Targeting Health Worksite Wellness Program

21-002-0497

## Mission

The mission of the USACHPPM Targeting **Health** program is to enhance employee quality of life by fostering healthy lifestyles, promoting a healthy work environment, and improving morale. Additionally, the USACHPPM **worksite** wellness program serves as a test site for health promotion materials developed by the Directorate of Health Promotion and **Wellness**. The program includes the following:

- A series of lectures with handouts
- The **Targeting Health** Newsletter
- Grab & go health promotion information literature stands
- **cc:mail** advertisements on health promotion information
- Community supported intervention programs
- Audio cassettes and videotapes on different health promotion topics

## Plan

Lectures, videos, **and** other activities offered by the **Targeting Health** program are designed but not limited to following monthly National Health Observances (see grid below). The implementation of community supported intervention programs (i.e., Stress Management, Nutrition, Physical Fitness, and Tobacco Cessation) are also available on a quarterly basis for interested employees and their family members.

Month	Primary Focus
January	Targeting Stress
February	Targeting Your Heart
March	Targeting Nutrition and Ergonomics
April	Targeting Nutrition
May	Targeting Fitness
June	Targeting Safety
July	Targeting Self-Care
August	Targeting Children
September	Targeting Cholesterol/Targeting Risks
October	Targeting Workplace/Family Violence and Self-Defense
November	Targeting Tobacco
December	Targeting <b>STDs</b> and Alcohol Awareness

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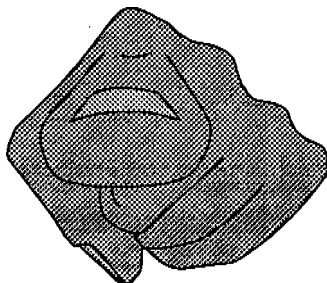
## Benefits

Worksite wellness makes good management sense. *Targeting Health* worksite wellness programs will--

- \* Increase employee well-being
- Increase morale
- Increase productivity
- Reduce absenteeism
- Reduce the use of health care benefits
- Reduce workers' compensation and disability management costs
- Reduce injuries
- Lower health care costs

## Health Promotion Statistics

- Each dollar invested in workplace health promotion yielded \$1.42 over two years in lower absenteeism costs at **Du Pont Co.** (Well Workplace Gold in Delaware). Absences from illness unrelated to the job among 45,000 blue-collar workers dropped 14% at 41 industrial sites where the health promotion program was offered, compared with a 5.8% decline at 19 sites where it was not (*American Journal of Public Health*, September 1990, vol. 80, no. 9, pp. 1101-1105).
- **The Stay Alive & Well program** at **Reynolds Electrical & Engineering Company**, based in Las Vegas, cost \$76.24 per employee during the two years it has been in operation. Over half of the 1,600 employees participated (with up to 80% participation rates in the intervention program). Participants significantly lowered cholesterol levels, blood pressure, and weight and experienced 2.1% lower lifestyle-related claim than nonparticipants. Resulting savings: \$127.89 per participant with a benefit to cost ratio of 1.68 to 1 (Reynolds Electrical & Engineering Co. Anthem Health Systems, Inc., Indianapolis, **Ind.** Staying alive and well at Reynolds Electrical & Engineering Co., 1993).
- **The Travelers Corporation** claims a \$3.40 return for every dollar invested in health promotion, yielding total corporate savings of \$146 million in benefits costs. Sick leave was reduced 19% during the four-year study. In addition to improving the overall health of 36,000 employees and retirees by reducing poor health habits and increasing good ones, The Travelers realized cost savings by decreasing the number of unnecessary visits to a doctor and emergency rooms. In a similar but smaller study, members of a Travelers fitness center were absent from work significantly fewer days than nonmembers (*Journal of Occupational Medicine*, 1990, vol. 32, no. 1, pp. 9-12).
- With lower health care claims, medical costs decreased 16% for employees in the **City of Mesa** (Arizona) who participated in the comprehensive health promotion program. The city realized a return of \$3.60 for every dollar invested in the health of city employees (*American Journal of Preventive Medicine*, 1994, vol. 9, no. 6, pp. 378-382).



We Want You!!!